



Native American Foods

Fruits

Blackberry
Blueberry
Chokecherry
Crab apple
Cranberry
Currants
Elderberry
Grapes
Ground cherry
Huckleberry
Musk Melon
Peach
Persimmon
Raspberry
Salmon berry
Strawberry
Watermelon
Wild plum
Wild rhubarb

Vegetables

Bitter root
Cactus leaves
Corn
Jerusalem artichoke
Kelp
Miners lettuce
Mushroom
Pumpkin
Turnip
Wild carrot
Wild celery
Wild potato
Squash

Meats/Meat Alternates

Buffalo
Fish
Beans
Seeds
Nuts

Grains

Wheat
Corn

Comfort Foods for the Soul

Since the tragedies of September 11, 2001, our world has felt less secure and more frightening. Threats of terrorism and war fill news headlines and broadcasts. As we face the uncertainty of the future, cooking and eating together are among the simple things that can bring comfort and joy to our homes. Nourishment, health, communication and stronger family bonds can be as close as our kitchens and our dining rooms. Here are a few reassuring ways to make food and nutrition a central part of your day.

Cook together.

Preparing food is a loving way to share time and to bring generations together. Talking while you measure, mix, stir, and chop can be a non-threatening time to discuss important issues and concerns. Kneading bread together can be a downright therapeutic experience.

Eat together.

Make family meals a real priority as often as you can. If you live alone, reach out to family, friends or co-workers – and break bread together. Eat together at home, eat together at restaurants, eat together at work, or eat together on a fall picnic.

Take a break from television.

Even in normal times, television makes it hard to enjoy food. Repetitive images of terror, violence and destruction around the world can literally make us sick to our stomachs. Take a break from the news – and focus on the tastes, smells and textures of food.

Return to rituals.

Families have many rituals for meals – prayers, a moment of silence, joining of hands, candles or other festive touches, like flowers and special dishes. Making family rituals part of everyday meals ties us to memories of the past – and to hope for the future.

Take time to share.

Slow down and share – food, fellowship, memories, tears, laughter and the joy of time together. Even small children can learn to take part in conversations at mealtimes. Give everyone time to share what is important to him or her.

Invite others to join you for a meal.

A sense of community is one of the strongest ways to celebrate the special meaning of the togetherness in our lives. By joining with others around a table, you can take comfort from the blessings of nourishing food and loving companionship.

Provided by Eat Right Montana

A Recipe for Making Pemmican

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A Recipe for Making Pemmican

Originally submitted by the Dooleys of Boise and printed in the Winter 1981 (Vol. 4, No.
1) Newsletter for Voyageurs

1 Batch = 3 1/2 pounds

4 cups dried meat - depending on how lean it is, it can take 1 - 2 lbs. per cup. Use only deer, moose, caribou, or beef (not pork or bear). Get it as lean as possible and double ground from your butcher if you don't have a meat grinder. Spread it out very thinly in cookie sheets and dry at 180° overnight or until crispy and sinewy. Regrind or somehow break it into almost a powder.

3 cups dried fruit - to taste mix currents, dates, apricots, dried apples. Grind some and leave some lumpy for texture.

2 cups rendered fat - use only beef fat. Cut into chunks and heat over the stove over medium (or Tallow) heat. Tallow is the liquid and can be poured off and strained.

Unsalted nuts to taste and a shot of honey.

Combine in a bowl and hand mix. Double bag into four portions. The mixture will last for quite a while without refrigeration. I have eaten it four years old. It actually improves with age.

HINT: Vary the fat content to the temperature in which it will be consumed. Less for summer. Lots for winter. Not only is it good energy food for canoeing, but an excellent snack for cross country skiing.

This recipe was originally from a Chippewayan Indian Guide as he learned it from his father. No buffalo chips!

This recipe was submitted by the Dooleys of Boise. Our thanks to them.